

RESOURCES FOR TALKING TO KIDS ABOUT FEAR AND WORRY

September 13, 2022

There's a lot of bad news out there these days, and your kids might feel worried and fearful about what they see happening. You might feel a need to have family conversations to talk about their concerns. *Kids Corner* has some resources that can help. I've found the best stories from our Bible Stories and Liz and Friends podcasts that address the theme of kids' worry and fear, and help kids place them within God's control and comfort.

Explore these Bible Stories Podcast episodes where God leads his people and shows that he is the ruler over all things.



- [Jesus Calms the Storm](#): On the Sea of Galilee, he shows his power over nature.
- [David and Goliath](#): Why did David have so much confidence that he would succeed when no one else dared to even try?
- [Mary, Martha, and Lazarus](#): Jesus shows that he has power even over death.
- [Jesus in the Wilderness](#): Listen to this story and hear how Jesus triumphed over Satan.

Check out these [Liz and Friends Podcast](#) feature stories that can speak to recent events and can give an opportunity to build faith not fear:

- [Buckethead](#): Liz, Spike, and Lucille let their greatest fears control them. Can Granny show them God's joy for their lives or are they doomed to wear buckets on their heads?
- [Fear Not](#): Scooter is Terrene's best speller. But he's got one BIG problem: the big stage and the bright lights terrify him. Can he overcome his fear and take the spelling crown?
- [Homework Alert](#): What scares you the most? What do you do when you're afraid? See how Liz and the gang deal with their greatest fears.
- [Chameleon Chaos](#): Liz loves roller coasters. The loops, the turns, the tunnels! What causes the chaos this time?
- [Consider It Pure Joy](#): A tornado traps the gang in a pile of rubble. How are they going to get out, and why is Lucille acting so strangely?

I'll end with a prayer that you can find at the end of the "Buckethead" episode devotion:

Heavenly God, Everyone has fears. We worry. Sometimes it stops us from doing good things. We are afraid to fall, afraid to talk, afraid to act. But I need to have faith. You have told us not to be afraid and to give you all our fears and worries. I trust your promises. I know that even though you died on the cross, your power is so great that you rose again. In your promises, I am safe. You are my protector, my shield. You are with me. My Lord and my God. Amen.

More than anything else, hearing God's Word and spending time with him regularly strengthens us for the troubles of the times. Be sure to check out the [Kids Corner Devotional](#) with weekly family devotions, featuring Bible readings, faith reflections, and prayer. And kids love the Casey's Day comic strip which accompanies every devotion. Subscribe to get it in your inbox, [right here](#).

written by Ron VandenBurg

<https://kidscorner.net/parent-blog/resources-for-talking-to-kids-about-fear-and-worry>
Printed on August 30, 2025